



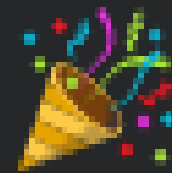
NO MORE MARTYRS

**Maryland**  
**August 31, 2020**



**Nadia M. Richardson, PhD**

# Let's Interact



Breakout Rooms



Reactions



More



NO MORE MARTYRS

No More Martyrs is a mental health awareness organization that seeks to build a community of support for black women and girls.

# No More Martyrs



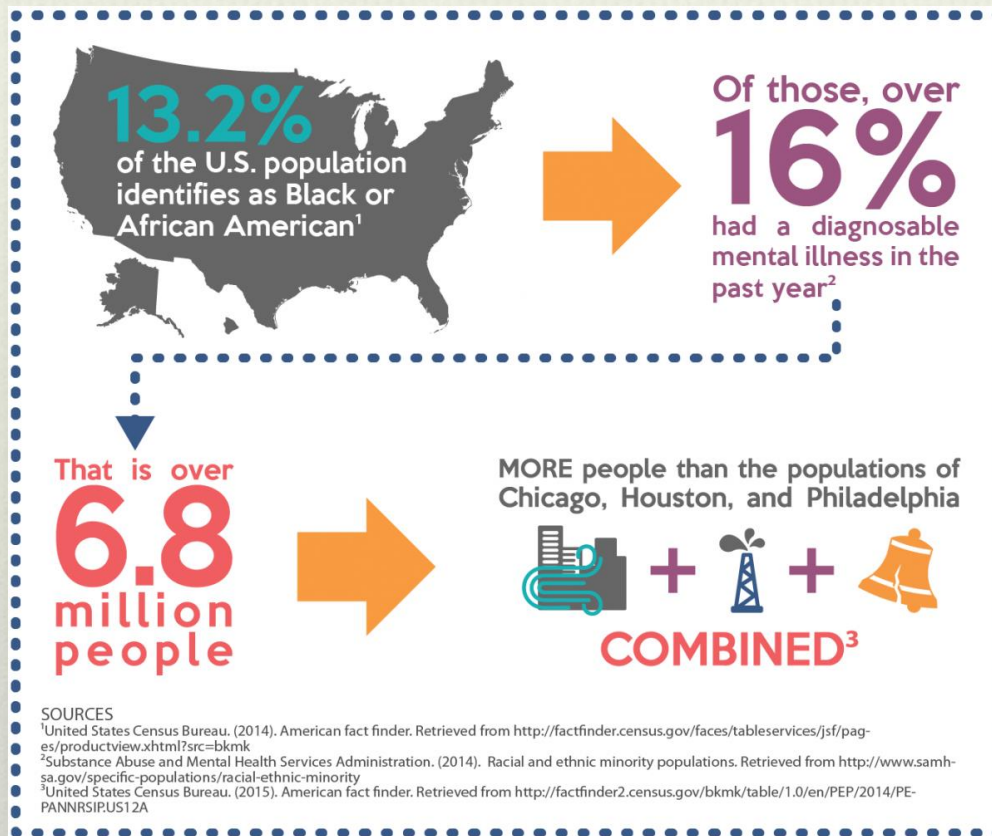
# BLACK MENTAL HEALTH MATTERS

In the United States:

- 1 in 5 individuals live with a diagnosed mental illness
- 3<sup>rd</sup> most common cause of hospitalization (between 18-44)
- Suicide: 2<sup>nd</sup> leading cause of death (between 10-34)
  - 4<sup>th</sup> leading cause of death (between 35-54)

Compared with whites, African Americans are:

- Less likely to receive guideline-consistent care
- Less frequently included in research
- More likely to use emergency rooms or primary care (rather than mental health specialists)



The rate of illicit drug use among African Americans is slightly higher than the national average (12.4% vs 10.2%).

Rate of opioid overdose among African Americans (6.6%) is less than half of that for non-Hispanic whites (13.9%).

Black people with mental health conditions are more likely to be incarcerated than people of other races.

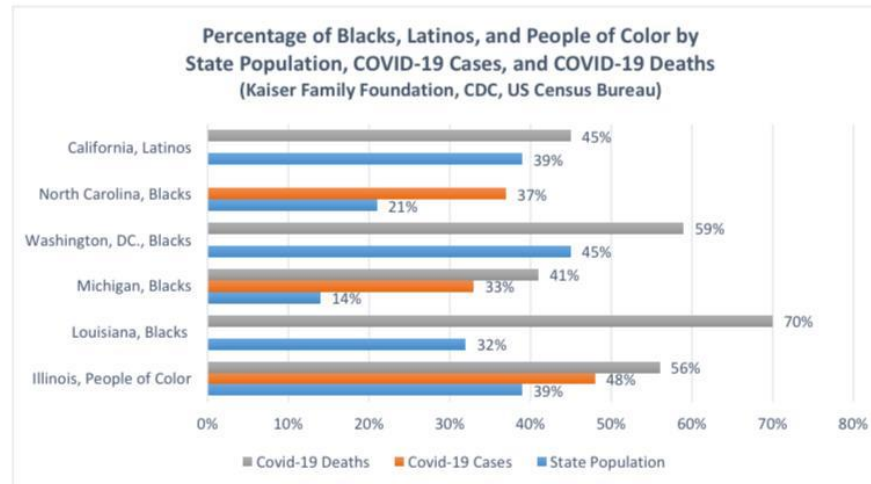
The barriers include:

- Stigma associated with mental illness
- Distrust of the health care system
- Lack of providers from diverse backgrounds
- Lack of culturally competent providers
- Lack of insurance, underinsurance

**Double Jeopardy: COVID-19 and Behavioral Health Disparities for Black and Latino Communities in the U.S. (Submitted by OBHE)**

***The Impact of COVID-19 on Black and Latino Communities***

The coronavirus (COVID-19) pandemic has revealed deep-seated inequities in health care for communities of color and amplifies social and economic factors that contribute to poor health outcomes. Recent news reports indicate that the pandemic disproportionately impacts communities of color, compounding longstanding racial disparities. As of April 15, 2020, case [data from CDC](#) show that in COVID-19 cases where race was specified, Blacks, who comprise [13 percent](#) of the total U.S. population (U.S. Census Bureau, 2018), make up 30 percent of COVID-19 cases; Latinos, who make up 18 percent of the population (U.S. Census Bureau, 2018), account for 17 percent of COVID-19 cases. Similarly, hospitalization rates due to COVID-19 disproportionately affect Blacks (see [CDC infographic](#)). Disparities in identified cases and deaths also vary across states, with a disproportionately high percentage of Blacks and Latinos affected as shown below (Kaiser Family Foundation, 2020; CDC, 2020; U.S. Census Bureau).



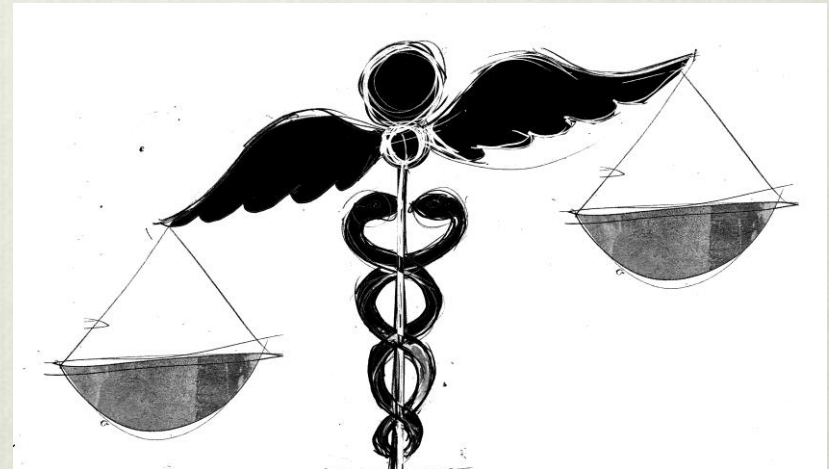
**People of color are:**

- at an increased risk for serious illness if they contract COVID-19 due to higher rates of underlying health conditions, such as diabetes, asthma, hypertension, and obesity compared to Whites;
- more likely to be uninsured and to lack a usual source of care which is an impediment to accessing COVID-19 testing and treatment services;
- more likely to work in the service industries such as restaurants, retail, and hospitality that are particularly at risk for loss of income during the pandemic;
- more likely to live in housing situations, such as multigenerational families or low-income and public housing that make it difficult to social distance or self-isolate; and
- often working in jobs that are not amenable to teleworking and use public transportation that puts them at risk for exposure to COVID-19. ([Kaiser Family Foundation, 2020](#); [Health Affairs, 2020](#))

Health disparities are preventable differences in the burden of disease, injury, violence, or opportunities to achieve optimal health that are experienced by socially disadvantaged populations.

### Populations

- ❖ race or ethnicity
- ❖ gender
- ❖ education or income
- ❖ disability
- ❖ geographic location
- ❖ sexual orientation

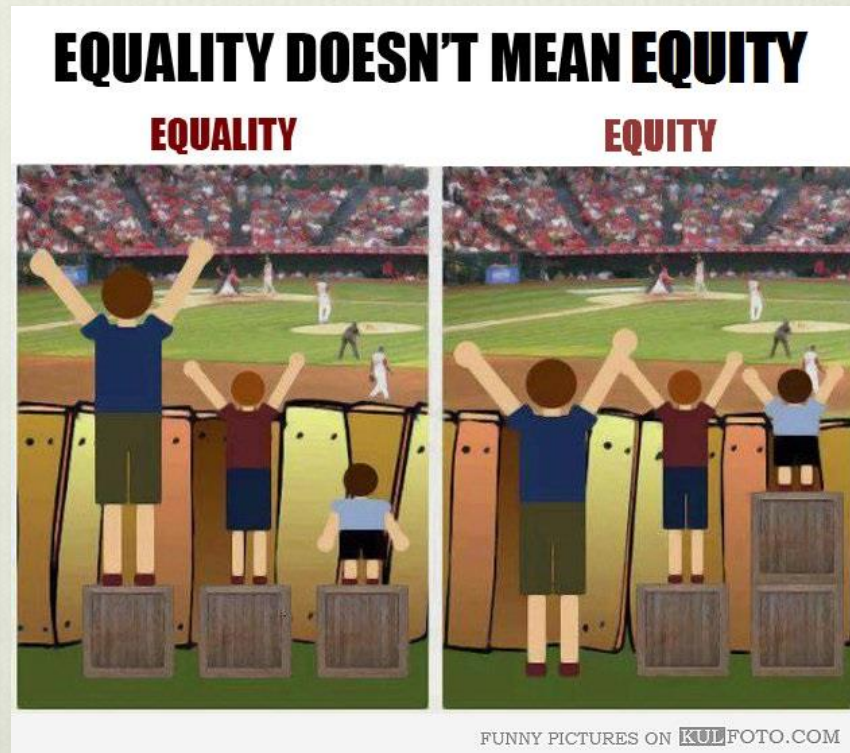


Result from: Poverty, Environmental threats, Inadequate access to health care, Individual and behavioral factors and Educational inequalities

Health disparities are inequitable and are directly related to the historical and current unequal distribution of social, political, economic, and environmental resources. (CDC)

# Systems of Inequity

- ❖ Education
- ❖ Finance
- ❖ Health
- ❖ Housing
- ❖ Employment





# Racial Trauma

- ❖ Racial trauma, also known as race-based traumatic stress, is the cumulative effects of racism on an individual's mental and physical health.
- ❖ Research has shown that:
  - ❖ There is a rise in racial trauma in minority populations .
  - ❖ Few are equipped to support those experiencing racial trauma.

# Creating an Umbrella of Support



## Mental Health:

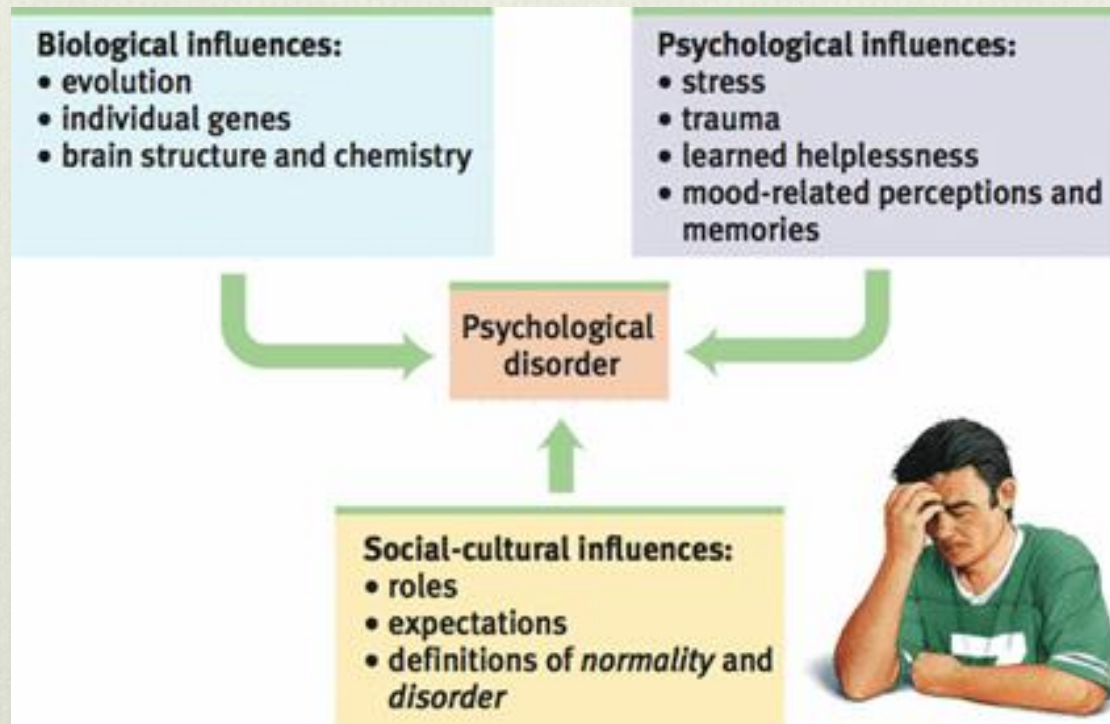
Talking about  
mental health openly  
is a good thing.



# Re-envisioning Wellness



# How do we understand mental health?



Challenges dualistic of health which result from the medical model.

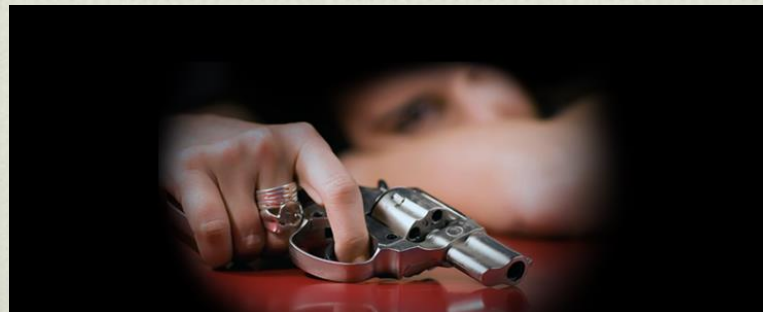
Focuses on holistic wellness.

Considers social, behavioral, or psychological influences that impact wellness.

# Medical Model + Media



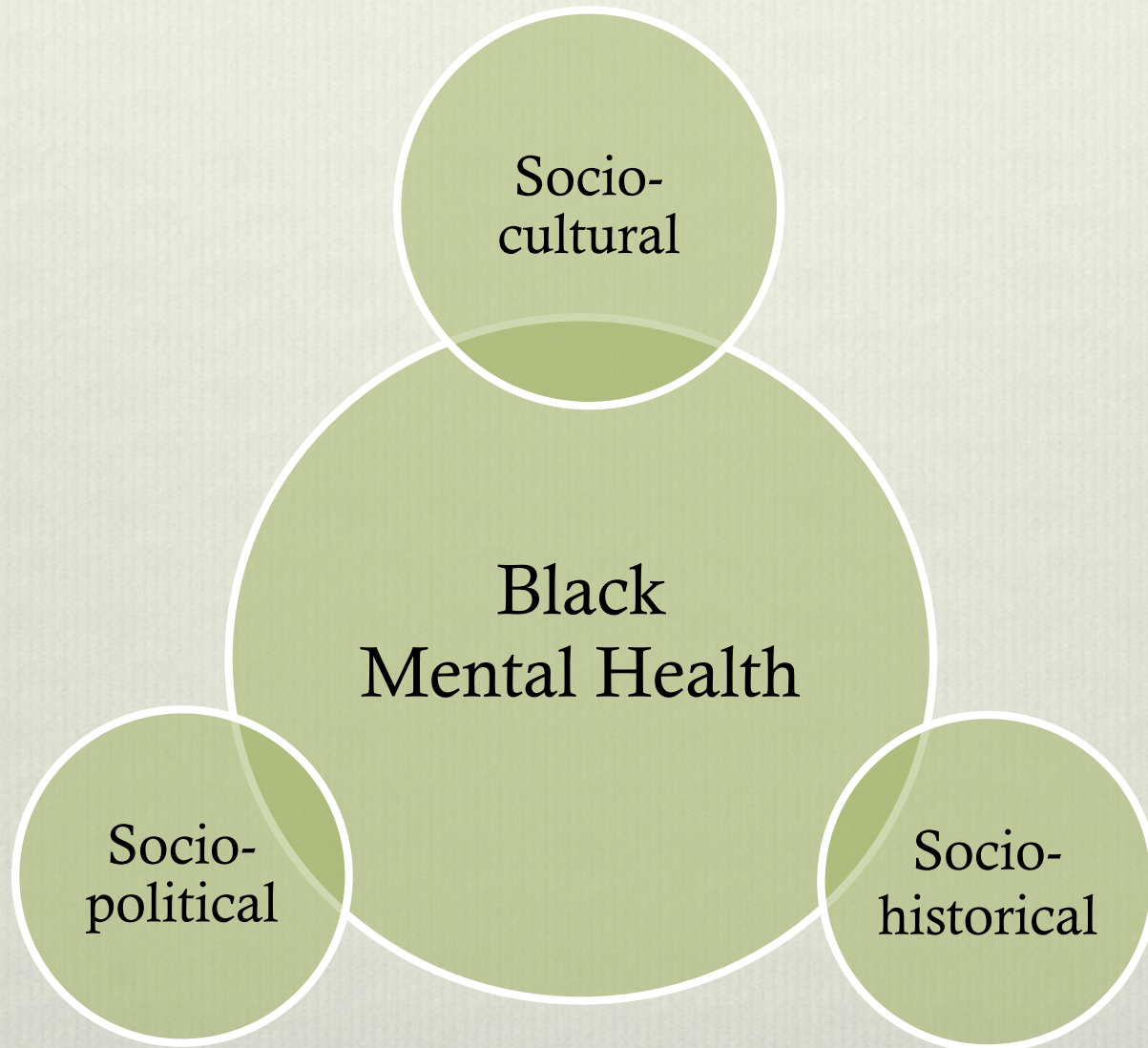
# What do you think of?



# The Result

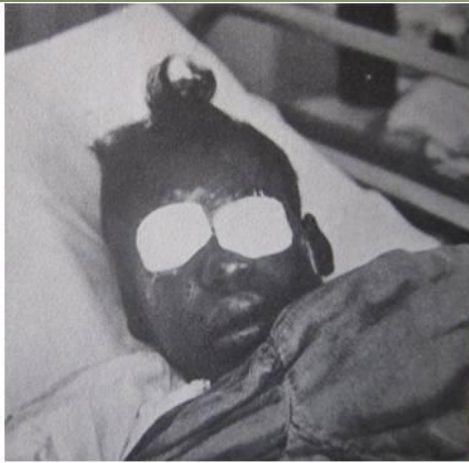


# Understanding the Connections

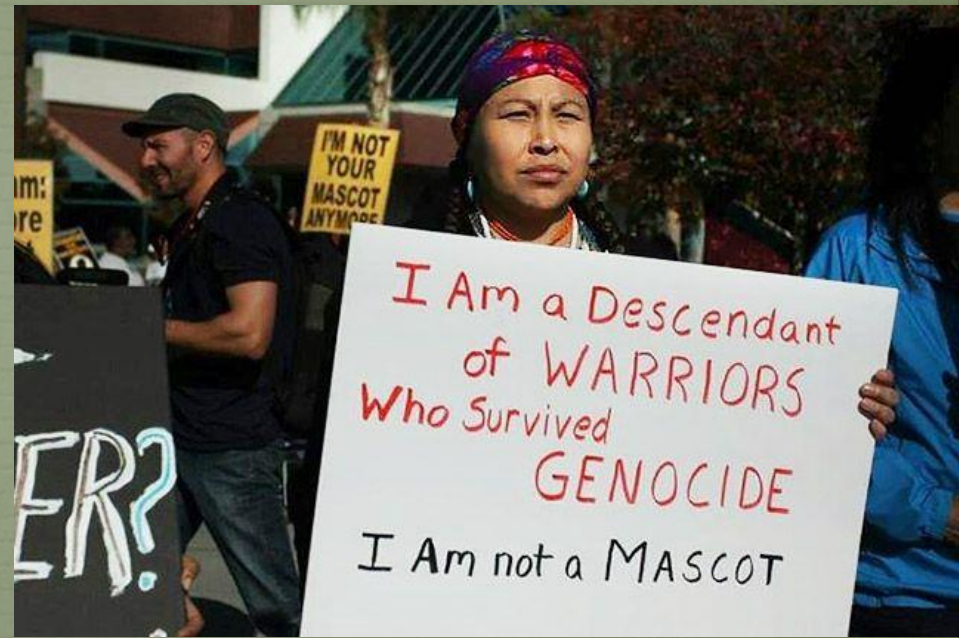








**(Left) Sarah Collins Rudolph laying in the hospital bed after the bombing. (Right) Mrs. Rudolph**



# The Continuum

## **Socialization**

- Cultural Lens
- Implicit Bias

## **Diversity**

- Institutional Discrimination
- Socio – cultural/historical/political

## **Cultural Competency**

- Cultural Humility
- Cross-cultural Communication Skills

## **Cultural Responsiveness**

- Advocacy and Activism
- Social Justice

## **Cultural Proactiveness**

- Inclusion
- Allyship

# The Epitome of Social Justice

## *Elements of Liberatory Consciousness*

*“As people come to a critical level of understanding of the nature of oppression and their roles in this systemic phenomenon, they seek new paths for creating social change and taking themselves toward empowerment or liberation.”(Bobbie Harro)*

- ❖ Awareness (to the world outside of yourself)
- ❖ Analysis (think about the world – theorize about it)
- ❖ Action (take initiative – leads to being empowered)
- ❖ Accountable/Ally-ship (support and alliance)

# Racism as a Public Health Issue

## ❖ Policing

- ❖ “policing practices harm the public’s health and deepen racial health inequities” - Harvard Public Health Review
- ❖ "Labeling it a public health problem and using the public health approach means focusing on prevention rather than blame," said David Hemenway, PhD

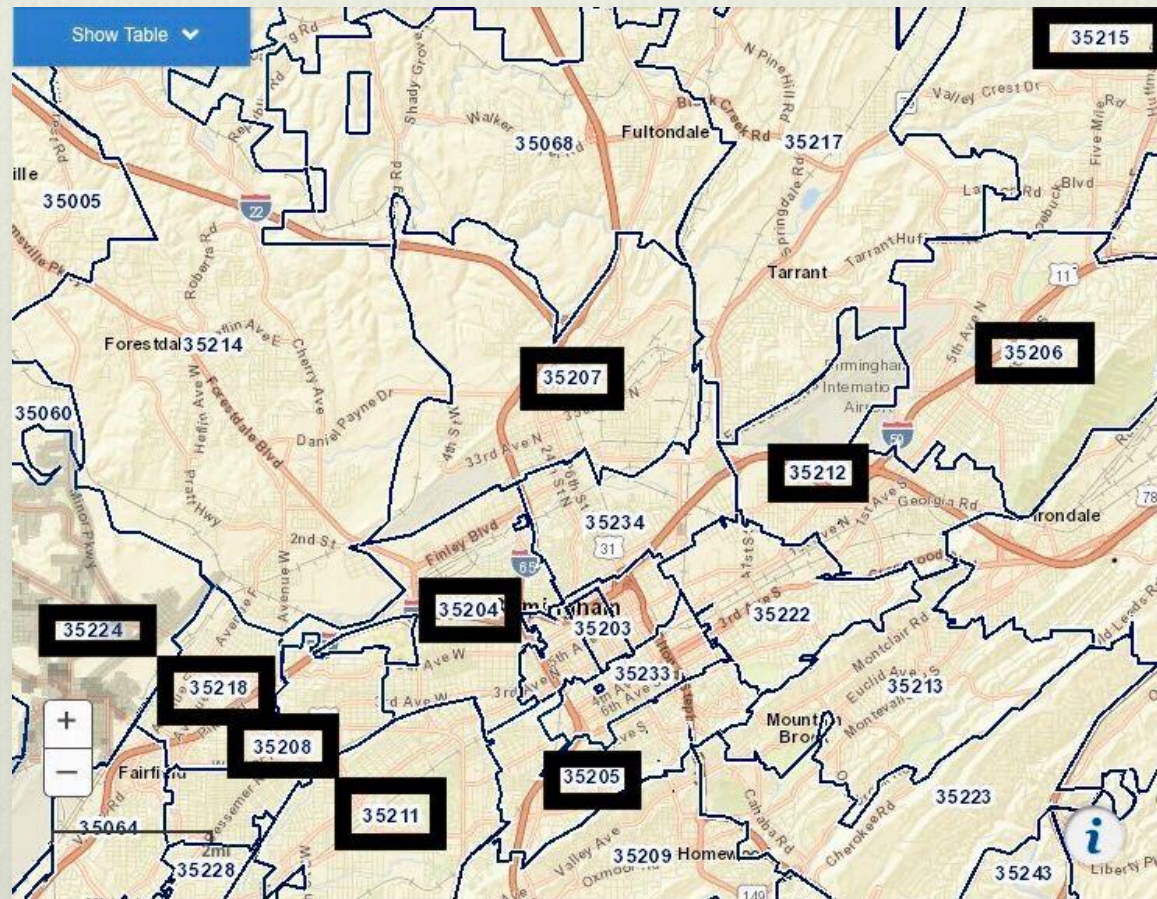
## ❖ Strategic Prevention

- ❖ Systemic and Structural Causes
- ❖ Health disparities
- ❖ Broadens Approaches to Mental Health

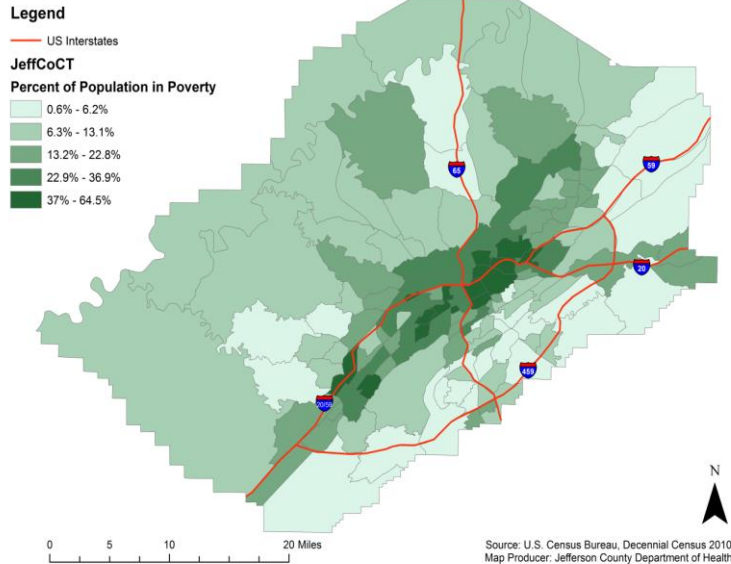
# Violence as a Public Health Issue

- Highlights the trauma that results from violence
  - Focuses on strategies and not criminalization
  - Provides evidence to hold elected officials responsible for systems inequitable because of history
- 
- Suicide – Black youth (ages 5-12) - PTSD
  - Suicide – CDC – financial concerns, access to care, environment, etc.
  - African American use of illicit drugs – opioid interventions
  - Incarceration – mental health facilities – pipeline – implicit bias
  - Culturally responsive (mental) health care
  - Anti-stigma campaigns that don't directly address justifiable distrust

According to homicide data from 2013 to 2018, only 10 of Birmingham's 89 zip codes account for 78% of the city's homicides.



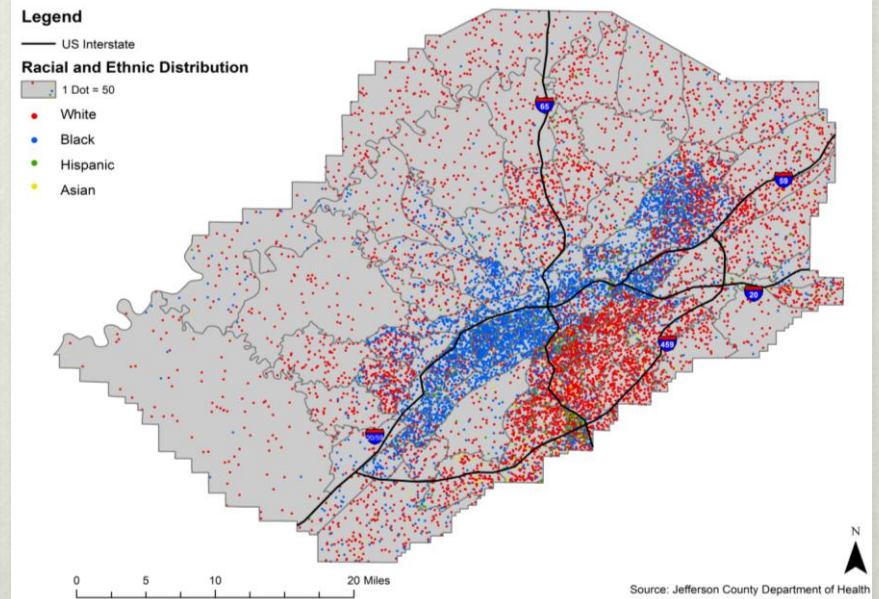
Percent of Population in Poverty, Jefferson County (2010)



‘Place Matters for Health in Jefferson County, Alabama’ report prepared University of Alabama at Birmingham (UAB) Jefferson County Place Matters Team.

## Poverty and Race

Jefferson County Racial and Ethnic Distribution by Census Tract (2010)



The Place Matters report goes on to highlight the fact that the distribution of is featured prominently along Interstate 20/59. Additionally, a review of city data finds that the 10 zip codes that account for 78% of homicides also share the following:

- 9 of the 10 zip codes have a Black population that is higher than the state average
- 9 of the 10 zip codes have houses are older than the state average
- 6 of the 10 zip codes have unemployment rates that are higher than the state average (All of the 10 zip codes have unemployment rates that are higher than the Jefferson County average)
- 5 of the 10 zip codes have median household incomes lower than the state average.

## **RING THE ALARM**

THE CRISIS OF BLACK YOUTH SUICIDE IN AMERICA



A REPORT TO CONGRESS FROM THE CONGRESSIONAL BLACK CAUCUS  
EMERGENCY TASKFORCE ON BLACK YOUTH  
SUICIDE AND MENTAL HEALTH

REPRESENTATIVE BONNIE WATSON COLEMAN, TASK FORCE CHAIR

THE RATE OF NEW ORLEANS YOUTH  
SHOWING SYMPTOMS OF

# PTSD



IS NEARLY

# 4 TIMES HIGHER

THAN THE NATIONAL AVERAGE.



**GUN  
VIOLENCE  
AND  
CHILDHOOD  
TRAUMA**

# The Path to Achieving Health Equity

What social and economic factors must be addressed on the continued path to achieving Health Equity?



*Health Equity aims to ensure that all people have full and equal access to opportunities that enable them to lead healthy lives.*

The Health Equity Institute  
<http://healthequity.sfsu.edu>  
1600 Holloway Avenue, HSS 359  
San Francisco, CA 94132  
P: 415-405-2540

 **HEALTH EQUITY INSTITUTE**  
for Research, Practice & Policy



Find us on:



Structural inequalities can never be solved with  
individually-focused interventions.  
- Kimberly Crenshaw

# SISTER SPEAK

SUICIDE AWARENESS

*You Are Not Alone*



## WARNING SIGNS

- Direct threats of self-harm
- Dramatic change in mood
- Increased use of drugs and alcohol
- Social Isolation
- Loss of a loved one to suicide



## HOW TO HELP

**ASK:** Don't be afraid to ask the question out loud - Are you thinking about suicide?

**LISTEN:** Allow the person to tell you how they feel, make eye contact and listen.

**REFER:** Be prepared to share the National Suicide Prevention Lifeline 1-800-273-8255.



## THE FACTS

Suicide is the 16<sup>th</sup> leading cause of death for Blacks of all ages.

Black women are more likely than Black men to attempt suicide.

Black children aged 5 to 11 are twice as likely to kill themselves as White children.

Silence Kills.



NO MORE MARTYRS

[www.NoMoreMartyrs.org](http://www.NoMoreMartyrs.org)

SUPPORTED BY BLACK WOMEN'S HEALTH IMPERATIVE

# SISTER SPEAK

Suicide Awareness



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FOR MORE INFORMATION  
[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

NATIONAL  
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# CONGRESSIONAL CAUCUS ON BLACK WOMEN & GIRLS

CO-CHAIRS BONNIE WATSON COLEMAN, ROBIN L. KELLY, AND YVETTE D. CLARKE



Black Women and Mental Health  
March 9, 2017  
Washington, DC



# Minority Mental Health Awareness Summit



NO MORE MARTYRS



~ We speak your name ~



~ We speak your name ~



Ebony Wilkerson



San Diego

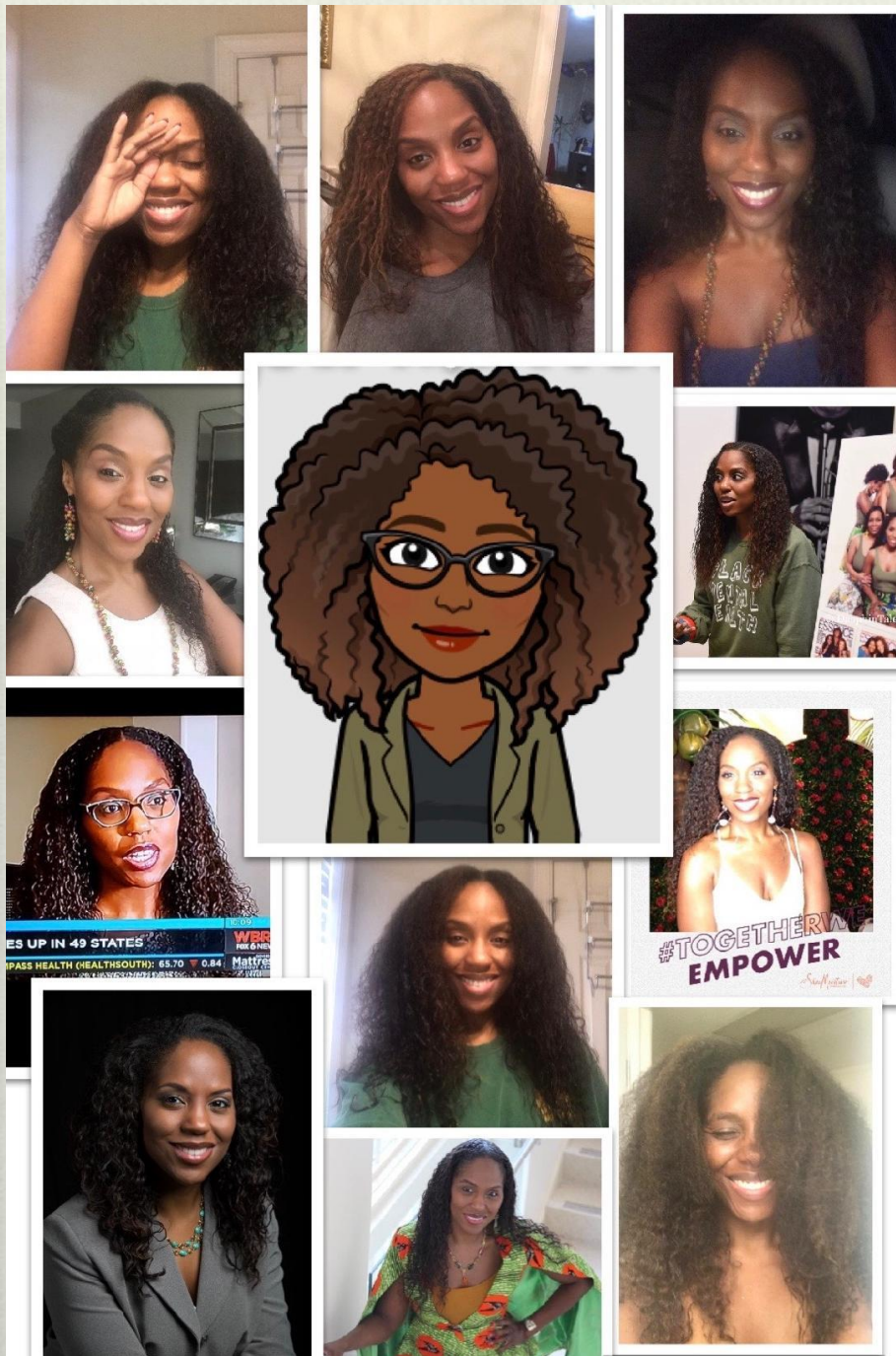


NO MORE MARTYRS

# #SAYHERNAME



# What does Community and Connection mean to Me?



NO MORE MARTYRS

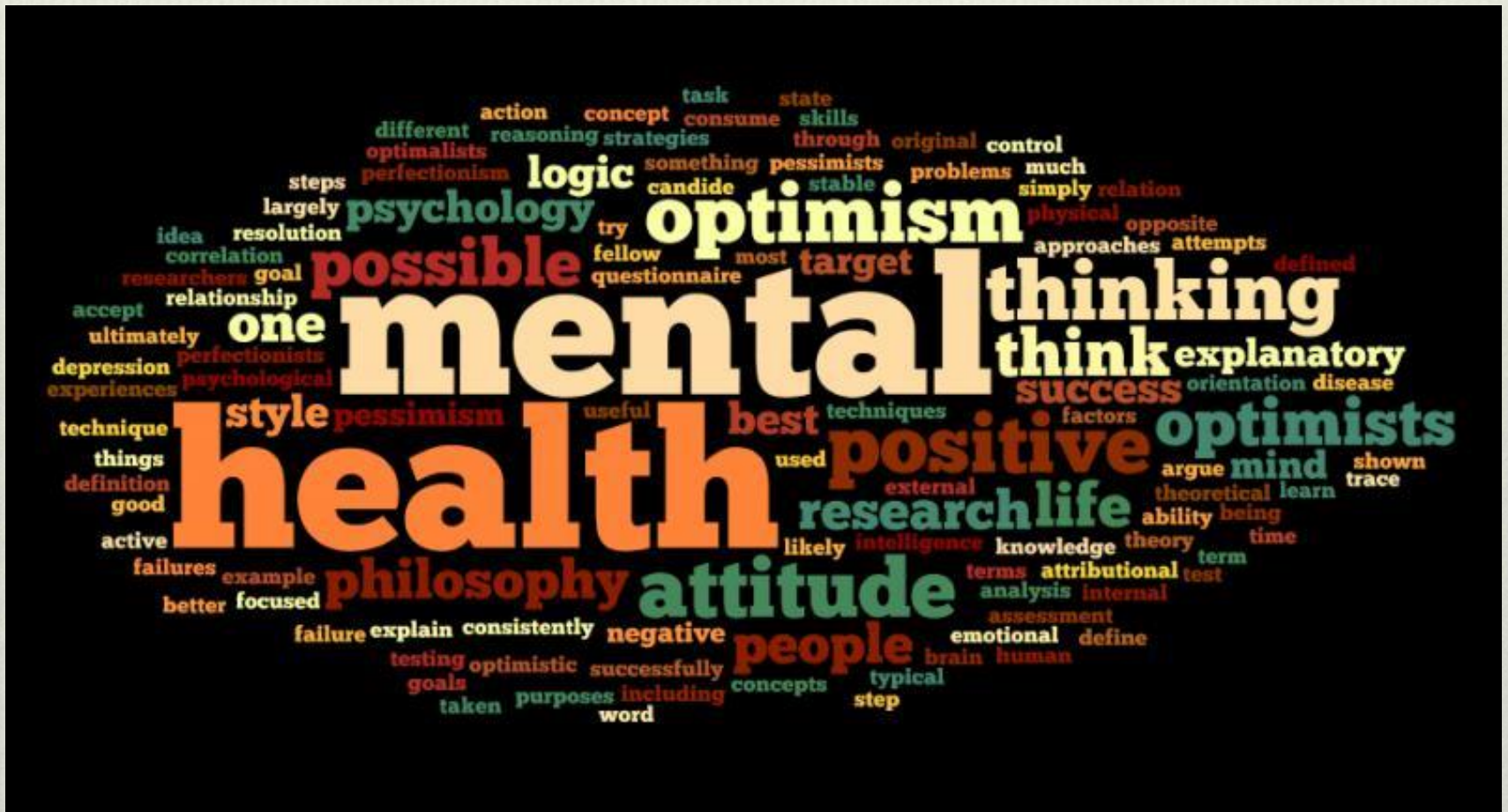
# What Next?

## **The Power of the Peer**

~ Action-Oriented Culturally Proactive Advocacy ~

- ❖ Community Programming
- ❖ Outreach and Awareness
- ❖ Research Committees
- ❖ Public Policy Recommendations
- ❖ Training and Education

# How do you advocate?



# The Power of the Peer!!

You Matter!

You are Relevant!

You already have what you need because....

YOU HAVE YOURSELF!

AND WE HAVE EACH OTHER!



NO MORE MARTYRS

For More Information

[www.NoMoreMartyrs.org](http://www.NoMoreMartyrs.org)  
[Info@NoMoreMartyrs.org](mailto:Info@NoMoreMartyrs.org)  
205-440-2837

Stay Connected

